

Effortless Superhuman Bone Broth



INGREDIENTS

- 2kg of organic beef bones, preferably a mix of marrow bones and bones with a little meat on them such as oxtail, short ribs, or knuckle bones. Ask your butcher to cut the bones in half.
- 2 medium, unpeeled carrots. Cut them into chunks about 5cm in length
- 3 celery stalks cut into pieces about 5cm in length
- 1 large onion, quartered
- 1 garlic clove, halved crosswise
- 2 tablespoons of sea salt
- 2 bay leaves
- 2 tablespoons of black peppercorns
- 2 tablespoons of apple cider vinegar
- 1 medium leek, end trimmed, cut into 5cm pieces

EQUIPMENT NEEDED

- 6 liter pot or greater

PREPARATION

1. Preheat the oven to 450 degrees Fahrenheit (230 deg Celsius). Place your beef bones, carrots, leeks, onion and garlic on a roasting pan and roast for 20 minutes. Toss the contents of the pan and then continue to roast until deeply browned – approximately another 20 minutes.
2. Fill the six (6) liter (or greater) stockpot with filtered water. Add your celery, bay leaves, peppercorns, salt and vinegar.
3. Remove the tray from the oven and scrape the bones and vegetables into the pot along with all of the juices in the tray. Add more water to the pot if necessary to cover the bones and vegetables.
4. Cover the pot with the lid and bring to a gentle boil. Reduce the heat to a very low simmer and cook with the lid slightly ajar. You will likely need to

periodically skim foam and excess fat from the surface of the water. The longer you simmer your broth the better it will be. Ideally 24 hours.

5. You will likely need to add more water throughout the cooking process to ensure bones and vegetables are fully submerged at all times.
6. Remove the pot from the heat and let cool for 10 minutes. Use a fine-mesh sieve to strain the broth and discard the bones and vegetables. Let the broth continue to cool for a further 20 minutes and then place in the refrigerator.

Bone Broth can be stored for up to five (5) days in the refrigerator and up to six (6) months in the freezer.